

NUTRITION AND YOU... FINDING A HEALTHY BALANCE



We all need to eat healthy to be our best self. Food gives us the energy we need to be active in work and play. It is our responsibility to live a balanced life which means monitoring our food intake. Every individual needs something different according to their body structure. There are many different ways to find out what types of food are best for you and how to become physically fit based on your body structure. Understanding your body makeup will allow you to better develop a wellness plan for your nutrition and overall health.

Your body measurement is a calculation of your body fat based on height and weight, which is known as your Body Mass Index (BMI) By having the right balance in your body to fat mass, your physical abilities and well-being may improve. To check your BMI, please visit <http://www.gethealthy.ky.gov/adults/>

Your food intake and physical activity should be one of balance since the outcome could adversely affect your health, such as being under or overweight to name a few. So it is wise to monitor your intake for an appropriate balance of carbohydrates, protein and fat.

Also, nutrition has a direct impact on your cholesterol and blood pressure. If either one of these things are off balance such as being too high or low, it can lead to future medical problems. As a result, controlling your diet and incorporating physical activity in your lifestyle is important to improving your health. Losing weight, toning and building muscle begins with eating right. For more information about nutrition for adults, as well as links to information for children and seniors visit <http://www.gethealthy.ky.gov/adults/nutrition/>